



# Nature's Remedies: An Illustrated Guide to Healing Herbs

*Jean Willoughby*

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Throughout history, herbs have been used medicinally to promote healing and vitality. Think chamomile for better sleep, green tea for enhanced focus, or elderberry for immunity boost. Today, herbs are more popular than ever, celebrated not just for their effectiveness but also as natural and affordable remedies. This beginner-friendly guide welcomes a new generation to the trusted tradition. Engagingly written for a wide audience, it presents richly detailed profiles of more than 60 herbs, including cultural history, uses, tips and beautiful watercolor illustrations – all in a gift-worthy, hardcover package.

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